

# The Senior Profile

Freetown Council on Aging - 227 Chace Road - East Freetown, MA 02717

Office hours: Monday thru Thursday 8:00 AM to 4:00 PM, Friday 7:30 AM to 10:30 AM

Closed Thursday January 1<sup>st</sup> for New Years and Monday, January 19<sup>th</sup>, for Martin Luther King Day

Telephone: 508-763-9557 / Fax: 508-763-9084 E-mail: [Freetowncoa@aol.com](mailto:Freetowncoa@aol.com)

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by a grant from the Massachusetts Executive Office of Elder Affairs

**The Council on Aging's** purpose is to help and serve the seniors. There is no membership.

Everyone is invited to participate in all activities at the senior center. Come by and enjoy!

## **Freetown Senior Birthday Party**

On Thursday, January 8<sup>th</sup> at 12:00 PM, we will be having our Birthday party for seniors of Freetown. Lunch is Oven Fried Ranch Chicken by Cyd's Creative Kitchen. RSVP and \$4.00 due by Friday, January 2<sup>nd</sup>. All are welcome.

## **Fuel Assistance**

New applicants please call the COA to make an appointment. For repeat applications, please call the COA when you receive your application.

<b><u># of people</u></b>	<b><u>UP TO:</u></b>
1	\$32,618
2	\$42,654
3	\$52,691
4	\$62,727

There are forms and paperwork you must collect to fill out the Fuel Assistance form.

## **Board of Registrars Vacancy**

There is a current vacancy that exists on the Board of Registrars. If you would be interested in serving on the board, please submit a letter of interest to Jacqueline Brown, Town Clerk, P. O. Box 438, Assonet, MA 02702. If you have any questions or need further information please call 508-644-2201, ext. 2.

The Board of Registrars meet at the Town Clerk's Office for Final Voter Registrations before elections and town meetings, check in voters at town meetings and take part in election recounts.

**Requirements:** Must be a Republican or Democrat for a period of 2 years or more & must have own transportation.

*Submitted by Jacqueline Brown, Town Clerk*

## **Cyd's Luncheons**

Tuesday, January 13<sup>th</sup>, at 11:30 AM, ham steak,  
RSVP by January 6<sup>th</sup>, \$5.00 PP

Tuesday, January 27<sup>th</sup>, at 11:30 AM, American chop  
suey, RSVP by January 20<sup>th</sup>, \$5.00 PP

Tuesday, February 3<sup>rd</sup>, at 11:30 AM Pot Roast,  
RSVP by January 27<sup>th</sup>, \$6.00 PP



## **Muffins**

Mondays, 10:00 AM

Come on over and have a cup of coffee or tea and fresh from the oven muffins with other people from town. Please call by the Friday before if you wish to attend.

## **SHINE**

(Serving Health Insurance Needs for the Elderly)

Our SHINE counselor will be here Monday, January 12<sup>th</sup> and Tuesday, January 27<sup>th</sup> from 1:00 PM to 3:30 PM Please call for an appointment. If you have any questions for SHINE before then, please call their regional office at 1-800-987-2510.

You will need to bring in a list of prescriptions you take, your income, and your Medicare and/or Medicaid information. Also, tell us if you have seen our SHINE counselor, Dick Kelley, before.

## **Inclement Weather**

Please note, if the schools are closed due to bad weather, our van will not run. The office may be open with a skeletal staff

### **Parkinson's Support Group**

Our next meeting will be held on January 8<sup>th</sup> at 1:00 PM at Dartmouth COA, Dartmouth St, So. Dartmouth. Featured Speaker: Barbara Canul, Registered Dietitian from Community Nurse & Hospice Care Inc. Topic: "Eating Healthy in the New Year". Please call Judy Medeiros at 508-997-0907 for any questions. Please join us!

*Submitted by Judy Medeiros*

### **Senator and Representative**

Representative Carole Fiola will be here Monday, January 5<sup>th</sup>, from 10:00 AM to 11:00 AM  
Representative Paul Schmid will be here Monday, January 5<sup>th</sup>, from 10:30 AM to 11:30 AM  
Senator Michael Rodrigues will be here Friday, January 23<sup>rd</sup>, from 9:00 AM to 10:30 AM

### **Pool Table**

Mondays, at 9:00 AM, the pool room is free most days. Call for availability.

### **Card Games**

Mondays, 1:00 PM to 3:00 PM

### **Pitch**

Mondays, 1:00 PM to 3:00 PM  
New players welcome!

### **BINGO**

Tuesdays from 12:45 to 3:00 PM. The license for bingo requires that you be at least 60 years old to play

### **Computer Class**

Wednesdays, 9:00 AM to 12:00 PM  
Three hour class with a \$10.00 donation  
Please call the Senior Center for further information

### **Painting Class**

Wednesdays, 9:00 AM to 11:00 AM  
The Wednesday morning painting class will begin again the second week of January, 9-11 AM. The group is currently doing scratchboard in their choice of designs, animals, birds, flowers, etc. New members are welcome to join!

### **Line Dancing**

Wednesdays, at 9:30 AM at the Freetown VFW  
Lessons \$2.00 per person, all ages are welcome.

### **Blood Pressure**

Wednesday, January 28<sup>th</sup> at 10:30 AM

### **Scrabble**

Thursdays at 12:30 PM

### **The Freetown Senior Club**

Thursday, January 15<sup>th</sup> at 12:00 PM, New Year's Pot Luck Party at St. John Neumann,  
Karaoke and Yankee Swap

### **Fundraiser for A Wish Come True**

This Dinner is sponsored by Pegasus Horseshoe League of Freetown and Freetown VFW Post 6643, an all you can eat spaghetti dinner on Thursday, January 8<sup>th</sup>, from 5:00 PM to 7:00 PM at VFW Post 6643, 89 Middleboro Road, East Freetown. Price is \$7.00 pp, and for 70 or older \$5.00 pp. Music is by DJ Johnny Angel. Call the COA for further information. This dinner will be every month on the second Thursday of the month through August.

*Submitted by Bruce Wilbur*

### **Kanakis Produce**

**Discount on Fruit and Vegetables**  
Fridays, 10:00 AM

### **Did YOU reach the "donut hole" last year?**

*If so...chances are you could reach it again!*

If you have a Medicare Part D or Medicare Advantage plan and do **not** get Extra Help, you will reach that coverage gap when the total retail cost of your prescription drugs reaches \$2,960. Then you will pay 45% of the cost of brand name drugs and 65% for generics. Think what that means...a \$300 brand drug will now cost you \$135!

This is where **Prescription Advantage** can help. **Prescription Advantage**, the Massachusetts prescription drug assistance program, can help pay for your prescription drugs when you reach the "donut hole."

To find out how to lower your drug costs, call Prescription Advantage at: 1-800-243-4636 or TTY (toll free) 1-877-610-0241 for the deaf and hard of hearing with Text Telephone capability. You can also visit our web site: with Text Telephone capability. You can also visit our web-site: [www.prescriptionadvantage.org](http://www.prescriptionadvantage.org)

The money you save can be your own!

*Submitted by SHINE*

### **SNAP ( Food Stamps) 1-877-382-2363**

This is a new phone number to call if you have questions on your food stamps. You can call to; verify they received your latest documents; change your address or phone number; find out the status of your benefits. If you want to speak to a DTA First Available case manager, you can do this between 8:15 AM and 4:45 PM, Monday through Friday. We have applications at the senior center for seniors to fill out.

## Podiatrist

The Foot Doctor will be here Thursdays, February 5<sup>th</sup>, at 9:30 AM and February 26<sup>th</sup> at 10:00 AM. You must call Dr. Markowitz to make an appointment at

**1-401-455-3554**

## USDA CAN HELP REPAIR YOUR HOME

### RURAL DEVELOPMENT

**Home Improvement & Repair Loans and Grants (Section 504)** are funded directly by the Government. These loans and grants are available to assist people who live in rural communities with a population of 20,000 or less.

**Purpose:** The Very Low-Income Housing Repair program provides loans and grants to very low-income homeowners to repair, improve, or modernize their dwellings or to remove health and safety hazards.

#### →**504 GRANTS**

- Applicant must live in an eligible town
- Applicant must be 62 years of age or older
- Applicant must own and occupy a modest dwelling
- Applicant must have a very low income and be unable to repay a loan at 1% annual interest rate
- The repairs and improvements to be made must be necessary to make the dwelling safe and sanitary and/or remove health and safety hazards.

→A 504 Grant can be approved for up to \$7,500. The applicant does not have to pay the grant back to the government, but will be required to remain in the dwelling for a period of three years after receiving the grant.

→The total assistance available through the Section 504 Program is \$27,500, which could consist of a combination loan and grant.

#### →**504 LOANS**

- Applicant must live in an eligible town
- Applicant must be at least 18 years of age
- Applicant must own and occupy a dwelling
- Applicant must have a very low income and be able to repay a loan at 1% annual interest rate
- The repairs and improvements may be general repairs to improve or modernize the property, as long as the dwelling remains modest.

→ **A 504 Loan can be approved for \$20,000 at a 1% interest rate which is payable over 20 years.**

Income limits yearly by household for Freetown:

<b>1 \$25,600</b>	<b>2 \$29,250</b>
<b>3 \$32,900</b>	<b>4 \$36,600</b>

To contact Rural Development please call 508-295-5151, extension 3, TDD: 413-253-4590, or on the web at [www.rurdev.usda.gov/ma](http://www.rurdev.usda.gov/ma)

## VAN SCHEDULE

The van runs every **Monday, Tuesday, Wednesday and Thursday**. Please call the COA at 508-763-9557 for further information. We must have at least a 48 hour notice for the van.

**For the safety of you and our van drivers, you must have your driveway and walkway clear.**

## VAN SCHEDULING

In order to be more efficient with the van, when you call in, please have the exact **name and address** of your destination and if you need the wheelchair lift. We can no longer schedule without this information. Thank you in advance for your cooperation.

**YOU ARE REQUIRED BY LAW TO WEAR A SEAT BELT! NO SEAT BELT-NO RIDE**

## OPENINGS FOR SENIOR AIDES

Job training program that helps people over 55 years old receive employment. Participants receive a stipend for 20 hours a week at \$8.00 an hour for their community service, as they search for unsubsidized employment. If you would like to participate please contact the Senior Aide Program at Citizens for Citizens, Inc., 508-679-0041, Ext 219.

### **Senior Aide Program**

- **Brief Program Description:** Senior employment is a training program for elders to be placed back into the work force. Seniors in Bristol County, Norfolk County and Plymouth County are served by this program.
- **Eligibility:** Must be age 55 or older and meet income guidelines.
- **Documentation Needed:** Proof of income.
- **Application Process:** Interested parties should contact the Fall River office.
- **Criteria for Selection:** Those who meet income guidelines will be considered first.

## "Brown Bag" Program

**Pick up day will be Wednesday, January 28<sup>th</sup> from 10:30 AM to 12:00 PM**

**at the front of the building**

**"Brown Bag"** distribution will be held at the Freetown Council on Aging. You must be 60 years of age or older, recipients must be low income, as measured by participation in (or eligibility for) at least one other program in which proof of income has been demonstrated. This includes elders who are eligible for SSI, Medicaid, Fuel Assistance, and Food Stamps, OR your gross household income is at or below the guidelines listed.

<b>1 person</b>	<b>\$1,800 per month</b>
<b>2 people</b>	<b>\$2,426 per month</b>
<b>3 people</b>	<b>\$3,051 per month</b>
<b>4 people</b>	<b>\$3,677 per month</b>

For questions call 508-763-9557. We will deliver the brown bag if you cannot pick it up. If not picked up by Thursday, we will donate it.

**FREETOWN COUNCIL ON AGING**  
227 CHACE ROAD  
EAST FREETOWN, MA 02717  
ADDRESS SERVICE REQUESTED

**STAFF AND BOARD MEMBERS:**

Barbara Lafleur, Director  
Rosemary Haley, Senior Clerk, Editor

**COA Board:**

Jeannette M. Tisdelle – Chair Person  
Marion E. Rylands – Vice Chair Person  
Edward J. Medeiros – Treasurer  
Charles E. Gray  
Robert G. Martel  
Bruce W. Wilbur

**Van Drivers:**

Judy A. Reese  
Vincent D'Oliveira  
John E. Pye, Jr.

PRESORT STD.  
US POSTAGE

**PAID**

PERMIT #PI 112  
ROCHESTER, MA 02770

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If you wish to receive your Senior Profile by e-mail, please send us your e-mail address at [Freetowncoa@aol.com](mailto:Freetowncoa@aol.com). They have a town web site if you wish to check out anything to do with the town at [www.freetownma.gov](http://www.freetownma.gov).

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**\*\*GOLD\*\*SILVER\*\*PLATINUM\*\***

Marc Folco, will hold a **gold buying event** at the Freetown Senior Center on Tuesday, January 13<sup>th</sup> from 11:00 AM to 1:00 PM, anyone can attend. It's a great opportunity to turn your old, broken and unwanted gold, silver or platinum pieces and/or jewelry (in any condition) into cash. A portion of the proceeds will be donated to the senior center which we use to purchase groceries for the grocery room. Please call the COA for further information.

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**DIRECTORS NOTE**

I would like to thank the highway department for helping us whenever we ask. Thank you to Tuesday Club, United Church of Assonet and Stop & Shop for your monthly donations.

Thank you to Kathleen Talbot, Judy and Ken Chubbuck, Judy Kristofferson, Mary Baumgartner, Diane Scott, Alyssa Boucher and Maurice St Laurent for all your help at the center.

